

# Healthy New Albany: A Community Based Health Initiative

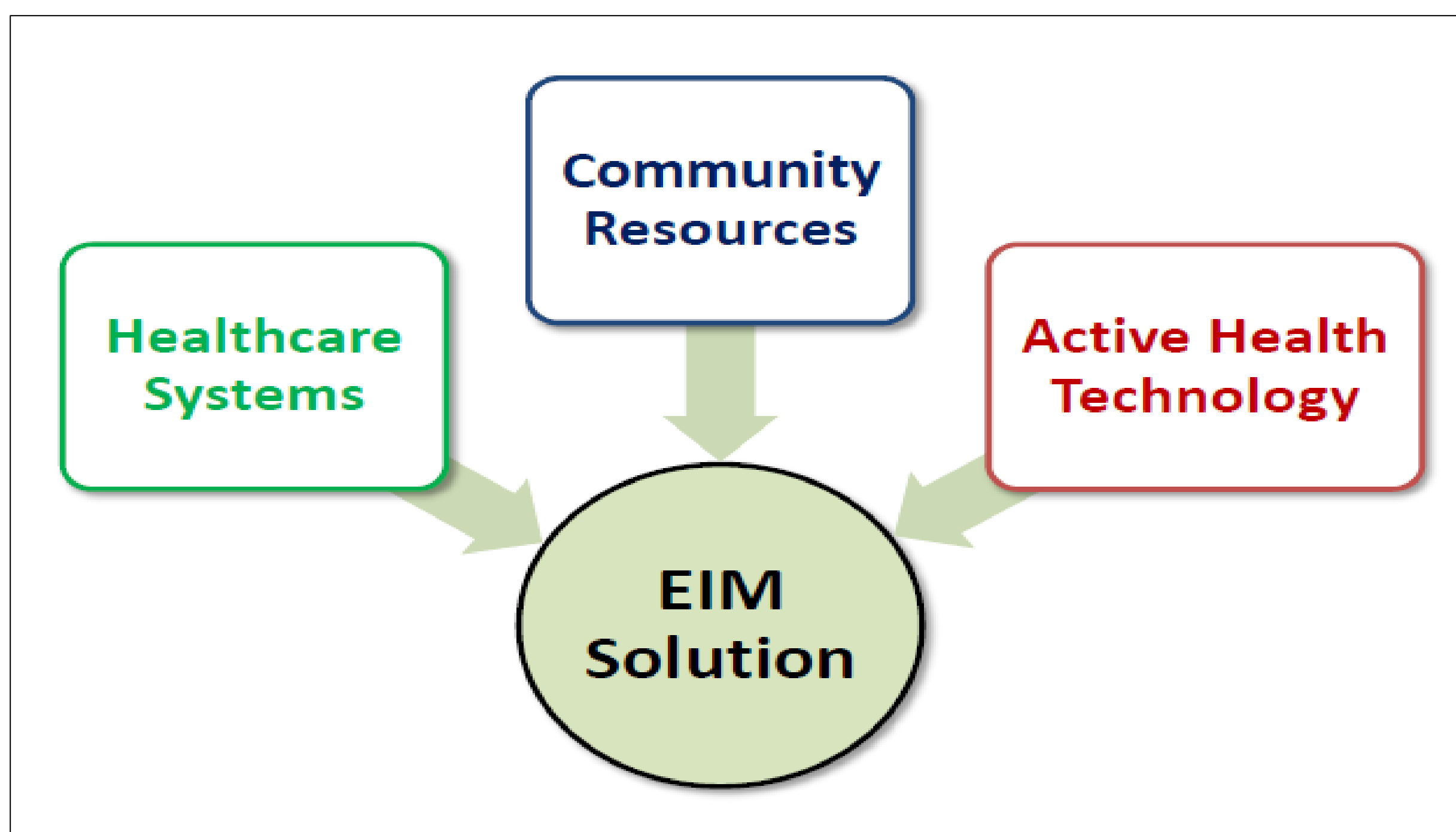
## Incorporating Exercise is Medicine

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### EIM Vision and Goals

- American College of Sports Medicine (ACSM) Exercise is Medicine Program Global Initiative is to establish physical activity as a standard in healthcare<sup>1</sup>
- Have healthcare providers assess every patients level of physical activity at every clinic visit
- Determine whether or not the patient is meeting the U.S. National Physical Activity Guidelines
- Provide patients with brief counseling to help them meet the guideline and/or refer the patient to community-based or health care resources for further physical activity counseling



- Benefits of recommended regular physical activity ( $\geq 150$  minutes/week)
  - 80% of the US population, and one-third of the world population has been categorized as physically inactive<sup>2</sup>
  - Physical inactivity places individuals at greater risk of dying than smoking, obesity, hypertension or high cholesterol
  - Chronic disease accounts for 86% of all Healthcare spending<sup>3</sup>
- The EIM Solution involves aligning multiple components to ensure prescription of exercise becomes the standard of care in a health system
- The EIM approach provides a continuum of care, helping to facilitate a paradigm shift from episodic care for chronic disease, to the adoption of a healthy lifestyle for disease prevention

### OSU EIM Program Details

- EIM Program is open to anyone; all communities and fitness center members
- Phase 1: Physician Referral**
  - Referrals for physical inactivity, existing chronic conditions, etc.
  - 3 week supervised exercise program
  - Physical activity and medical history evaluation, goal setting and fitness center tour
  - 3 personal training sessions with ACSM EIM credentialed and certified exercise physiologist
  - Full access to fitness center (classes, pool, educational lectures)
- Phase 2 and Orthopedic Transition Program: P1 → P2 or Physical Therapist Referral**
  - Continuation of Phase 1 – transitions to one-on-one attention to supervised exercise in a group setting
  - Physical therapist referral - transition from licensed/skilled care to supervised exercise in a group setting
  - 8 week exercise program
  - 1 personal training session with ACSM EIM credentialed and certified exercise physiologist
  - Physical activity and medical history evaluation, goal setting and fitness center tour
  - 2 supervised group sessions per week
  - Full access to fitness center (classes, pool, educational lectures)
- 2017 Referrals, Participation and Completion Rates
  - Phase 1
    - 255 Referrals, 29 ambulatory locations 49 providers
    - 76% Complete P1, 60% continue to P2, 80% complete P2
  - Orthopedic Transition Program
    - 95 Referrals, 3 ambulatory locations 15 providers
    - 75% start OTP, 60% complete OTP



### OSU/HNA EIM Differentiators

- Healthcare Systems**
  - Referral via EMR allows for consistent charting and recording of Physical Activity Vital Signs (PAVS) and providing a prescription for exercise
  - In house Family Medicine, Sports Medicine and Physical Therapy fosters paradigm shift in standard of care and covers multitude of conditions targeted by overarching goal of EIM (increased PA, chronic disease, preventative medicine, continuity of care)
  - Multiple ambulatory sites referring to one central location
- Community Resources**
  - HNA is centralized hub in community for health and wellness
  - Abundant resources in addition to fitness center and medical services such as lectures, classes, exercise groups, community events such as farmers markets
  - EIM participants are encouraged and eligible to participate in Healthy New Albany community and social programs to support healthy behavior
  - Recognized EIM program with credentialed staff
- Active Health Technology**
  - Utilization of TechnoGym equipment and software for PA assessments, program delivery, tracking of outcomes client communication and education

### Next Steps

- Develop disease specific programs within Phase 1: diabetes, depression, cardiovascular disease, multiple sclerosis
- Advancing research agenda: referral pathway and program development evaluation, program efficacy (increasing PA, reducing comorbidities, increasing QOL)
- Increasing visibility and accessibility in the community

### References

<sup>1</sup>American College of Sports Medicine <http://exerciseismedicine.org/>

<sup>2</sup>Center for Disease Control. 2016. National Health Interview Survey Early Release Program

<sup>3</sup>Lobelo, F. P. Trotter and A. J. Heather. 2016 Chronic Disease is Healthcare's Rising Risk. ACSM White Paper

